

Faulkner

Garland

Grant

Lonoke

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Saline

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# Central Region HHI

## Newsletter

July 2012

### Safety Day with North Little Rock Parks and Rec

On June 21st, North Little Rock Parks and Recreation hosted "Safety Day" at the Sherman Park Community Center. The youth and their team leaders visited a variety of booths that focused on the prevention of alcohol, tobacco and other drugs, injury prevention, police and emergency response systems and poison control. Lunch and other fun activities were provided for more than 75 youth. The youth are part of North Little Rock Parks and Recreation Summer Activities Program (SAPling).



Public Health Educators, Laura Taylor and Dee Dee Wallace

It is NLRPR's goal to offer youth the chance to grow by providing the necessary encouragement, skills and nourishment during the summer months through the NLRPR Summer Activities Program (SAPling). Like a sapling and a tree, youth require encouragement, nourishment and skills to grow into a strong, well rooted adult. For more information about NLRPR, visit [www.nlrpr.ogr](http://www.nlrpr.ogr).

### Public Health Educators work with Local Health Unit Staff to Stamp Out Smoking

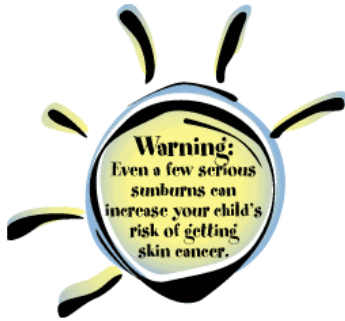
Central Region Public Health Educators worked with local health units to improve communication and education with patients who use tobacco. The staff was updated on emerging trends in tobacco, seeing examples of products that are marketed to youth, women and other

specific groups. The staff revisited the use of the "2As and R" which means **Ask** if the patient uses tobacco, **Advise** them to quit and **Refer** them to a program that can help them quit, such as the Tobacco Quit Line.

**1-800-QUIT-NOW**

Each unit was also supplied with new educational materials.





US Centers for Disease Control and Prevention (CDC)

# July is National UV Safety Month

## Protect Yourself Against Harmful Ultra Violet Rays

The heat is on this summer and while we may love basking in the sun, it can actually do some major damage to our health. According to *Prevent Blindness America*, UV rays can cause corneal sunburn and ultimately lead to macular degeneration, a leading cause of vision loss for older Americans. More information on UV rays and

eye damage can be found at [www.preventblindness.com](http://www.preventblindness.com).

Another harmful effect of UV rays is skin damage. Over-exposure to the sun can cause skin to burn, blister and peel. Melanoma, or skin cancer, is the most common cancer in the US, affecting more than 75,000 people each year.

Protecting yourself from harmful UV rays can be done in a few simple steps:

- \* Apply sunscreen before sun exposure and reapply often
- \* Wear sunglasses and a hat to protect your face and eyes
- \* Seek shade often and avoid the sun between 10 AM - 4

“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.”  
- John F. Kennedy

**Saline Memorial Hospital** has scheduled a Community Health Summit on July 12, 2012. The discussions will begin with the result of the Community Health Assessment completed by Stratasan. Dr. Joe Bates, MD, MS will be available to present the State Health Objectives. The **Saline County Hometown Health Coalition** will be participating with the community at this meeting to determine our contributions as we move toward solutions.



### Mayo Clinic's Top 10 Healthiest Foods

- 1) Almonds
- 2) Apples
- 3) Blueberries
- 4) Broccoli
- 5) Red Beans
- 6) Salmon
- 7) Spinach
- 8) Sweet Potatoes
- 9) Vegetable Juice
- 10) Wheat Germ

[www.mayoclinic.com](http://www.mayoclinic.com)

## Summer Injury Prevention Program for Seniors

Presented by Cynthia Wilborn, DNPc, BSN, RN



The Southwest Community Center Senior Programs launched their Summer Injury Prevention Program this June in partnership with the Southwest Coalition. The first topic was fall prevention. According to CDC, falls are a leading cause of Injury with the senior population. A fall prevention strategy is necessary to help keep the seniors safe over the summer. The six tips to prevent falls were presented to 14 senior participants. The 6 tips to prevent falls are:

- \* Keep Medical appointments with Primary Care Physicians (PCP). The PCP can review medications and manage chronic health conditions. Side effects of medications and interactions may increase the risk of falling. Certain eye and ear disorders may increase the risk of falling.
- \* Obtain permission from the PCP to increase your physical activity such as walking. The PCP may recommend a physical therapist to monitor the exercises.
- \* Wear sensible shoes. If possible obtain the proper fit
- \* Light your living space at night. Place night lights in your bedroom, bathroom, and hallways. Turn on the lights before going up and down the stairs
- \* Remove any home hazards such as loose floorboards and carpet.
- \* Use any assisted devices such as handrails, nonslip treads for bare-wood steps, shower and tub grab bars.



## Midtown Health Alliance Hosts Discussion on Common Poisoning and Drugs of Abuse Among Teens

Charlie Stutts, Education Coordinator with the Poison Control Center at UAMS, presented to members of the Midtown Health Alliance at their June meeting.

Charlie presented information regarding important facts about common poisoning and drugs of abuse among teens. He also highlighted two new drugs of abuse “fake bath salts” and “K2” that are on the rise.

He also provided important information regarding the Poison

center such as the hotline number and key staff. The poison hotline is a service of the UAMS College of Pharmacy and can be reached at 1-800-222-1222.



## Central Region Upcoming Events

- Rural Health Retreat at UAMS, July 20th - [www.uams.edu](http://www.uams.edu)
- Health Education Summer Academy at UCA, July 24th - [www.arkansascsh.org](http://www.arkansascsh.org)
- Injury Prevention 101 at Plummerville, July 25th - [www.archildrens.org](http://www.archildrens.org)
- Arkansas Safety Summit at Little Rock, July 31st - [www.arkansashighways.com](http://www.arkansashighways.com)
- Striking Out Tobacco Conference at Little Rock, Sept. 13th - [www.arfreshair.com](http://www.arfreshair.com)



# Fit! Fun! And 4-H!

Johnson — Pope — Conway — Yell — Perry — Faulkner

## Multi-County Day Camp on top of Petit Jean Mountain

Approximately 45 youth, ages 5-18, participated in many educational and exciting activities on June 28th at Petit Jean State Park. The theme of the day was “Fit! Fun! And 4-H!” Children rotated to different stations where they learned about the importance of hydration and sun

protection, healthy eating, exercise and tobacco and alcohol prevention. Children and volunteer group leaders made their way through six stations throughout the morning. A healthy lunch and plenty of bottled water was provided. After lunch, kids in three age divisions

participated in Cardboard Boat Races. The boats were themed “My Plate” and judged on creativity, most dramatic sinking, team spirit and speed. Two participants that had “faulty” boats were awarded with bicycle helmets to reinforce safety.



Cardboard boats themed “My Plate” prepare to race!



## Central Region HHI Coalition Meetings

**Midtown Health  
Alliance - 4th Tuesday  
501-280-3169**

**Southeast Pulaski County  
HHI Coalition - 1st Monday  
501-202-2815**

**Grant County HHI  
Coalition - 3rd Wednesday  
870-942-3157**

**Garland County Project  
HOPE - 1st Thursday  
501-622-3790**

**Saline County HHI  
Coalition - 1st Wednesday  
501-315-1600**

**Lonoke County HHI  
Coalition - 3rd Tuesday  
501-676-2268**

**Perry County HHAT - Every Other  
Month - 3rd Wednesday  
501-889-5156**

**Faulkner County Healthy Weight  
Coalition - Last Wednesday  
501-450-4941**

**Southwest Little Rock HHI  
Coalition - 3rd Monday  
501-280-3169**



**For more information, please  
contact the coalition in your area**

## Lonoke DHS Hosts Child Safety Classes

Public Health Educator, Laura Taylor, worked with the Department of Human Services to teach child safety and injury prevention to parents of young children. The class covered water and boating safety, burn prevention, automobile safety, playground and bicycle safety and creating an overall safe home. The group discussed monitoring children and establishing rules that could potentially prevent accidents. Door prizes consisted of bicycle helmets, smoke alarms and child safety kits. The series of classes will continue in Lonoke and Perry counties throughout July and August.



## Two Hands on the Wheel in Saline County

Sheriff Bruce Pennington and County Judge Lanny Fite held a press conference to ask the drivers of Saline County to obey a Two-Hand Driving Awareness Campaign for the 4<sup>th</sup> of July holiday. This policy will prevent multi-tasking



driving. The mental capacity of the driver is focused on the road and its surrounding areas, the physical abilities of the driver is focused on maneuvering the vehicle, and the emotional functioning of the driver is focused on doing one thing well. These behaviors

will generate a Safety First mentality of our Saline drivers. This plea was to prevent the injuries and fatalities that are statistically attached to the July 4<sup>th</sup> holiday. The second plea with this press conference was if you are going to drink then do not drive.

## Central Region Hometown Health Improvement Support Staff

**Julie Harlan, MCHES  
Central Region HHI Manager**

**Christy Campbell, CPS  
Central Region Grants Administrator**

**Dee Dee Wallace, CHES  
Public Health Educator**

**Anna Haver, MCHES  
Community Health Promotion Specialist**

**Laura Taylor, BS  
Public Health Educator**

**Janice Ray, CHES  
Public Health Educator**

**Cynthia Wilborn, DNPc, BSN, RN  
Community Health Nurse Specialist**